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Author: Jim Gordon

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WHOLEISTIC HEALTH

The purpose of this little pamphlet is to bring before the reader a broad and general view towards Holistic Health. The choice of spelling used in the title was made to bring attention of the practitioner to the need to treat the whole person and to leave no stone unturned in his attempt to bring total health to the life of the needy.

First, one must come to grips with some sound and simple truths concerning the characteristics of human beings. Each one of us is electrical as is all life and creation; secondly, we are chemical; and, last but by no means least, we are mechanical.

In the consideration of the electrical aspect of communication we are led to appreciate the phenomena of prayer or telepathy, so that this unusual gift can put us into direct touch with events taking place at some remote location. In connection with this there is ample evidence to show that time also can be disregarded as many have seen or know of events yet to come. Perhaps less startling we can recall experiences where we have felt comfortable in one location yet exhibit a very strong desire to leave another. Often this feeling is described as a sixth sense, more commonly called ESP today.

It is important to remain affirmative in considering such communication inasmuch as our views are shaped more by what we reject than by what we accept. Let us therefore accept the fact that the electrical nature of our thoughts is a complete body characteristic. This fact is illustrated with the technique of using radiation to relieve sore muscle tissue. No matter what name we give it, the control of many diseases is brought about through electrical energy by the use of topical or deep-penetration radiation such as light, heat, Alpha, gamma or X-Ray. All thought radiation is another way of describing the electrical nature of the mind in action.

It is of paramount importance at all times for the would-be-doctor of Holistic

Health to be whole within himself. The mental attitude cannot be hidden. Our thoughts are constantly being broadcast from the moment we leave the security of our mother's womb until the day we depart from this earthly plane. Thus man is not only transmitting his thoughts to others but equally true, man has the capacity to receive these thoughts in the exact form as transmitted. The unending demand for privacy so often expressed by us cannot be, for all of us are constantly under communicative surveillance from others. If this were not so, then all religions using prayer are in error. This ability of one mind to communicate to another is of the utmost importance in bringing about Holistic Health.

We stand on notice for we have been warned in the past, "Physician heal thyself." The healer is to be nonjudgmental; the need is to develop compassion, for when it is well-founded in the mind, it will flow outward towards the needy. Not for one moment can we afford to forget the fact that we are broadcasting our attitudes of life to the whole of creation. There is no dark corner in which to hide. The type of thoughts we send out will dictate the type of response we will receive. The healer must exercise a strong will that affirmative change take place in the needy. It is equally true that we in total are no more or no less than what we think. The simple statement "It's all in the mind" is profound.

Now we must turn our attention to the chemical component of the life activity. It is also true that our bodies are no more or no less than what we eat. It is easy to find the relationship of ingested food to our health. Simply do not overeat. It is better to experience some hunger than to shorten one's life span. Eat good food in moderation gathered from different sources of a wide variety, and in most cases a healthy body will be evident.

The ingestion of drugs has been used by mankind over the ages to alter the mental and body activity. The medical profession has been founded on the proper use of drugs to help restore good health, but the wrong use of medication will bring about quite the opposite effect. The same is true with air, a mixture of

gases so vital to our very existence and health, which soon becomes a deadly poison should any one of the balanced mixture become dominant. We cannot live in a pure oxygen atmosphere for any continual period, nor can we live in an atmosphere of hydrogen. This simple fact shows our total dependence on the external chemical environment and how it relates to our body chemistry.

In all truth, one can hold the view that our body inside and out is a chemical wonder of creation. In considering the health of our bodies, we are required to think beyond the food we eat or the air we breathe or the form of medication we use. We can and do inject chemicals directly into the fluid stream known as the blood, and at certain times injections are made into muscle tissue. Even life-sustaining food is directly piped into the body. Another manner in which the body is exposed to chemical reaction is on or through the skin. It is common knowledge that we exude oils, saltwater, and gases or odors from our skin but we also absorb a lot of the same substances through our skin.

From what has been written we are now able to firmly grasp the undeniable fact that many forms of electrical energy such as light, short-wave radiation, heat, etc. constantly affect and alter the chemical balance. As we are in the true sense, the (body is simply an electro-chemical device, a miracle in design and function.)

So it follows by simple logic and reason that we recognize that singular container of electro-chemical energy, which brings us to the final component of our being, a wonderful mechanical system. As the energy ebbs and flows in a chemical interaction, the resultant healthy body mirrors that interrelationship. Careful inspection of a healthy body in both of its manifestations, Male-Female, will show that every skill we use to build our physical world has a close relationship in living form. The end product is pure mechanics in that the physical demonstration of thought forms in electrical energy is being used to stimulate body chemistry into action. Thought, therefore, is made manifest in this manner, and is beyond

normal sense perception such as speech, writing, art or music. Love has to be demonstrated as an action of unselfish thought, operating in the very best chemical envelope, the body. It then becomes pure Life, a simple round of receiving in love from our Creator, living in love towards ourselves, and giving in love to all who have need of us so that they may perceive themselves as whole.

Wholeistic Health requires that we never forget to take note of the interactions of the electro-chemical-mechanical relationships which shape our whole being. The Holy nature of life becomes soon apparent. We, who would attempt to help others, must at the very first instance insure that the thoughts we receive and propagate are unselfish. We do not have to construct a self-image, Ego. By our works toward others we will be given a true, humble ego or a personal identity. If we keep the chemical components of our bodies in balance through "moderation in all things," i.e. food, work, rest or loving recreation, it will serve us well; and in doing so allow us to serve others, according to their needs.

The Whole Person Health is the doorway to Holy Health, which is the destiny of all creation.